

Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County
Clark County Health Department • Tobacco Prevention and Education Program

Issue 62

<http://www.clark.wa.gov/health/tobacco/tidbits.html>

July 2005

please keep our park

Tobacco Free



a voluntary program endorsed by the Clark County Health Department, the Vancouver-Clark Parks and Recreation Department, and the Tobacco Free Coalition of Clark County

Tobacco Free Parks Policy Approved

The Vancouver-Clark Parks and Recreation staff and Advisory Commission sub-committee presented a voluntary Tobacco-free Parks policy proposal to both the Board of Clark County Commissioners and the Vancouver City Council in June. The policy was approved! Once Clark County Public Works, the Health Department, Steps to a Healthier Clark County and Parks and Recreation map out the details of the signs' budget they will be installed and the policy will go into effect. Five different designs were chosen from art work submitted by youth, and Mayor Royce Pollard personally signed 90 certificates given to all youth who submitted art work. The Health Department, the Tobacco Free Coalition of Clark County and

the Secondhand Smoke Task Force members will work with Parks and Recreation to educate league members who use parks and the media to promote the policy. Secondhand Smoke Task Force co-chair and Steps to a the Healthier Clark County staff member Cheryl Pfaff said "A policy to protect children and nonsmokers from secondhand smoke and promoting a healthier community is what this is about."

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Tobacco Quit Line

877-270-STOP

toll-free 7 8 6 7

QUITLINE.COM

News from Skamania

Tobacco prevention art by Skamania youth will be displayed near the tobacco advertising at A & J Select Market in Stevenson. The M.A.S.H. Youth Tobacco Prevention Task Force conducted a tobacco prevention poster contest with youth at Skamania School this spring. They received 30 entries and were able to provide prizes to participating youth with a grant from the American Cancer Society. M.A.S.H. members judged the poster contest and the winning entries will be displayed at A & J Select Market.

One of the most popular summer events for Skamania County teens, the Outdoor Fair Dance will be held in conjunction with the Skamania Fair on August 20. Tobacco-free materials from the state-wide "Smoke-Free Days of Summer" youth prevention promotion will be distributed at the dance. The next Skamania Coalition meeting is September 8 from 3:30 - 5:00 PM at the Rock Creek Center. Contact: [James Lanz](#) 360.397.8416

Smoke-Free Bowling Hits a Strike in Vancouver



A new Vancouver bowling alley breaking ground in August will be 100% smoke-free! Big Al's Bowling Center and Sports Bar & Grill will have 42 lanes, party rooms, an arcade, restaurant/bar, private dining and more, according to the developers/owners office of Kirkwood & Kirkwood, Inc. Both owners (father & son) want this to be a family recreation center and do not want smoking. There will be a designated smoking area outside for people who feel they must smoke. The Secondhand Smoke Task Force sent a letter to Kirkwood and Kirkwood, thanking them for protecting the health of Clark County residents.



Each month, Tobacco Tid-Bits dishes up details on a local smoke-free restaurant listed in the [Guide to Smoke Free Dining in Southwest Washington](#). This month we feature La Casa de Sabor (House of Flavor) in Stevenson. La Casa de Sabor opened its door smoke-free about 15 months ago. Owner Doreen Rangel said "I don't like the smell of smoke when I'm eating, so I never considered it." La Casa is a smaller restaurant with 3 tables inside and a few chairs at the counter. Outdoor seating is available, weather permitting. The menu is simple and inexpensive. Burritos, homemade tamales, tostadas, nachos and tortas are available with vegetarian beans, beef, chicken or pork. Nothing is deep fat fried, no lard is used and the pinto beans are cooked fresh. Prices range from \$1.25 for a taco to \$6.75 for nachos with meat. Soft drinks only, no alcohol. Cash only. She will take a check from a local resident because she knows them. Many loyal customers keep coming back for Doreen's healthy Mexican fair and healthy air. La Casa de Sabor is off the main Highway that runs through town, at 230 1st Street in Stevenson, open from 11 AM to 8 PM Wed-Sun.

American Cancer Society's Relay for Life

West Clark County walkers go around the clock in the battle against cancer during the American Cancer Society Relay For Life. This "celebration of life" brings together numerous groups and individuals concerned about cancer for a unified effort to fight back. Teams of enthusiastic citizens will gather at Columbia River High School for an overnight relay against cancer from 10 AM on July 16th until 10 AM on July 17th. Information on how to form a team or become involved in the Relay For Life is available from the American Cancer Society at 1-800-ACS-2345, 24 hours a day, 7 days a week, or visit www.cancer.org. For information regarding the West Clark County Relay For Life you can contact Wendy Fisher at 503.795.3922.

Legislative Update 2005

In the 2005 Washington State legislature the following bills involving tobacco were considered:

- A \$.60 tax increase on cigarettes was passed (no funding was directed to tobacco prevention) to fund education. This raises the state tax on cigarettes to \$2.025 per pack.
- House Bill 6097 was signed into law establishing licensing and enforcement rules putting non-cigarette tobacco products on par with cigarettes. This means a license must be obtained to sell other tobacco products and the Liquor Control Board can apply equal enforcement for violations of sales to minors as with cigarettes. The new law lowers the price of other tobacco products to consumers. The bill was introduced as a revenue generator for the state—lower the price and increase sales. The Washington State Department of Health did not support the lower price section of this bill.
- The bill to ban sampling state once again died in committee and was not voted on by the legislature. Several bills proposing differing versions of a smoking ban, including a comprehensive statewide ban, also died.
- Other proposed bills that died were raising the cigarette tax with funding for tobacco prevention, prohibition of internet tobacco sales and outdoor no-smoking zones around public places.
- In the final moments of the session, leaders took the balance of the tobacco prevention and control account for 2005-2007 and redirected it to support education but this action was vetoed by Governor Gregoire. As a result, the tobacco prevention and control fund is fully funded for 3 years rather than 2.

Welcome New Partners

Deb Drandoff is now managing the statewide Tobacco Prevention Resource Center that ESD 112 was awarded the contract for from the Washington State Department of Health. She will plan tobacco trainings for the entire state over the next year. Her replacement is Willie Manns. He can be reached at: 360.750.7500 x133, and his email is willie.manns@esd112.org. He will be working through the summer and visiting those who are also working through the summer. Deb can be reached at: 360.750.7500 x303 or deb.drandoff@esd112.org

And Mike Lowe is the newest member of the Tobacco Free Coalition of Skamania County. He works at the Department of Social and Health Services, Stevenson Community Service Office, Stevenson. Mike can be reached at 509.427.2333 or lowemw@dshs.wa.gov.

New Quit Line Postcards Target the GLBTQ Community

June is Gay Pride month and many communities in Washington state are planning celebrations. Vancouver's Gay Pride event, "Saturday in the Park" will be held Saturday, July 9 from noon to 5 PM in Esther Short Park. The Clark County Health Department and the Tobacco Free Coalition of Clark County will host a booth at the event providing tobacco prevention, cessation, and education materials including the first tobacco cessation outreach materials for the Gay, Lesbian, Bisexual, Transgender, Questioning (GLBTQ) community that the Washington State Department of Health tobacco program has created. The GLBTQ community is one of several priority groups for tobacco prevention outreach efforts. In Washington state, research shows that tobacco prevalence among lesbian, gay and bisexual individuals is as high as 51%, more than double the rate of the general population. As a part of the "Stick it to Kick it" Quit Line campaign aimed at 18-29 year olds, ad agency GMMB and Verbena, a Seattle-based organization focusing on sexual minority health developed two postcards; one is lesbian focused, the other is gay male focused. If you are interested in distributing these postcards to your clients, contact [James Lanz](#) at the Clark County Health Department 360.397.8416



Everything in life takes practice. Be proud to be smoke-free with help from the **Tobacco Quit Line**. Now for a limited time, smokers ages 18 - 29 can enroll in a **FREE** program to quit, including counseling and either nicotine patches or gum.

Call the **Tobacco Quit Line** at **1-877-270-STOP (7867)** or visit Quitline.com for more information.



Smoking Bans Have New Yorkers Smoking Less

New Yorkers are smoking less than at any time since polls began tracking the habit, recent surveys show, reflecting the effect of city and state anti tobacco campaigns that include higher taxes, bans on smoking in public places, advertising, and stop-smoking programs. In New York City, 18.4% of adults smoke, according to the [New York City Department of Health survey](#) released at the end of May. That compares with 19.2% a year earlier and 21.6% two years earlier, making for one of the steepest declines recorded in any place over a similar period. The tobacco tax hike took effect in 2002; the indoor-smoking ban went into place in 2003. In the decade prior to the laws, the city's smoking rate had remained relatively unchanged. The drop-off was especially pronounced among young women: smoking among females ages 18-24 fell 40.5% from 2002 to 2004. The New York City Department of Health also gives out free nicotine patches to those trying to quit. [New York Times](#) 6/11/05 and the AP 6/13/05

Majority of Black Cancer Deaths Caused by Tobacco

The majority of cancer deaths among African-American men are directly related to smoking, according to researchers from the University of California at Davis Medical Center. Tobacco smoking causes 63% of tobacco deaths among black men in the U.S., including 67% of deaths among blacks living in the South, 63% among those living in the Midwest, and 60% among those living here in the West. The smoking-related death burden was lowest among those living in the Northeast at 43%. The study is published in the August 2005 issue of the journal [Preventive Medicine](#).

Drinking and Smoking Teens at Greater Risk

Drinking and smoking may pose more unique hazards for teenagers than the usual health and addiction risks. Throughout adolescence, the brain undergoes major remodeling, and new evidence suggests that alcohol and cigarettes may have an especially damaging effect on those developing brains. [NPR 5/31](#)

Smoking Makes You Age Faster

Smoking and excessive weight make people age faster, according to British and American researchers. The study shows that smokers and obese people have shorter telomeres, which are caps on chromosomes that prevent them from fraying. Telomeres get shorter every time a cell divides; as telomeres get shorter, the chromosomes can become unstable and mutations can occur. The findings suggest that obesity and cigarette smoking accelerate human aging. The study appears in the 6/18/05 issue of the journal [The Lancet](#).

Tobacco Quiz Could Win you a \$500 Shopping Spree

Do you know the answers to these question?

- 1 in 3 kids who smoke will die from it. **True / False**
- The tobacco industry spends a whopping \$160 million to market their products in Washington each year. **True / False**

Test your tobacco knowledge and be on your way to win a \$500 shopping spree from Old Navy. The contest is being sponsored by UnfilteredTV.com. You must be 13 years old to participate and the contest ends August 31. Don't get lost in the smoke. It's just hype. Log on and take the [Smoke-Free Days of Summer quiz](#) now.



Tobacco Prevention and Cessation Grant Opportunity

Tobacco Policy Change: A Collaborative for Healthier Communities and States is a national initiative of the [Robert Wood Johnson Foundation](#) that provides resources and technical assistance for local, regional and nationally based organizations and tribal groups interested in implementing effective tobacco prevention and cessation policy initiatives. The program seeks to engage diverse organizations and professionals in sustainable tobacco-control activities to decrease the prevalence of tobacco use in the United States. The goals of the program are to:

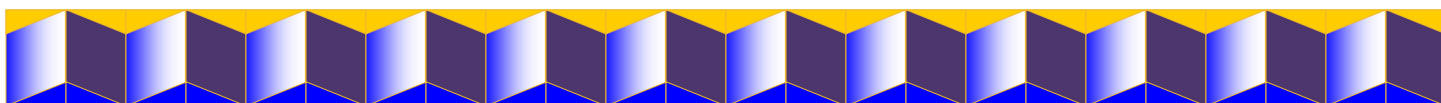
1. Support innovative projects designed to positively change tobacco policy through partnerships with or collaboration among groups that are most affected by tobacco use;
2. Maintain tobacco policy gains and momentum in communities, states, and regions; and
3. Strengthen and sustain the state and national tobacco policy change infrastructure (policy research, advocacy, and communications).

Grant awards will be up to \$150,000. Additional program information and application instructions are available at the RWJF web site.

RFP Link: <http://fconline.fdncenter.org/pnd/2640/rwjf>

Newsletter Contacts:

- [Editor, Kimberly Nelson](#)
- [Tobacco Free Coalition of Clark County](#)
- [Tobacco Free Coalition of Skamania County](#)
- [Clark County Health Department Tobacco Prevention and Education Program](#)
- [Washington State Department of Health Tobacco Prevention and Control Program](#)
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Calendar of Events

- 7/7** Secondhand Smoke Task Force meeting, 1:30-3 PM, Garden Level Conference Room.
Contact: [Theresa Cross](#), 360.397.8215 x3178
- 7/9** Saturday in the Park - annual gay pride event, Noon-5 PM in Vancouver's Esther Short Park.
- 7/16-17** American Cancer Society's Relay for Life—Columbia River High School. Visit www.cancer.org or contact: Wendy Fisher 503.795.3922
- 7/19** Teens Against Tobacco Use (TATU) Facilitator Training for Latino communities, 9:00 AM-2:30 PM, American Lung Assoc. of Washington, 223 Tacoma Avenue South, Tacoma. Register by emailing or calling either Yvette Avila at Yavila@alaw.org 206.441.5100 Julie Scholer at jscholer@alaw.org 253.277.8777

Please [let us know](#) about your tobacco related events so we can post them here.

Tobacco Prevention and Cessation Related Web Links

- [Action on Smoking and Health](#) - Everything for people concerned about smoking and nonsmokers' rights, smoking statistics, quitting smoking, smoking risks, and other smoking information: www.ash.org
- [Americans for Nonsmokers' Rights](#) - Leading national organization dedicated to nonsmokers' rights: www.no-smoke.org
- [American Legacy Foundation](#) - A national, independent public health foundation located in Washington, D.C., the foundation develops national programs that address the health effects of tobacco use: www.americanlegacy.org
- [Campaign for Tobacco Free Kids](#) - Fighting to free America's youth from tobacco and to create a healthier environment: www.tobaccofreekids.org
- [CHAMPSS](#), Children Helping And Motivating Parents to Stop Smoking - Provides kids with tips on how to talk to their parents about quitting smoking, and offers educational materials and other information they will need to support their parents through a quit attempt: www.champss.org
- [Chewfree.com](#) is a website designed to help people quit using chewing tobacco or snuff (smokeless tobacco): www.chewfree.com
- [Cuidar de su Salud](#) (Take Care of Your Health), provides tailored prevention messages and health information for Hispanic/Latino Americans, as well as Spanish speakers worldwide: www.yourdiseaserisk.harvard.edu/spanish/
- [Join Together Online](#) - A pioneer in using the Internet to support people working on substance abuse issues: www.jointogether.org
- [O2 Magazine](#) - A publication designed by Washington teens to discuss their efforts at fighting tobacco and showcase their creative talents with feature stories original artwork and photographs: www.unfilteredtv.com/o2magazine/index.php
- [Tobacco Fact Clipboard](#) - The American Legacy Foundation has compiled a wide range of tobacco, smoking, and health-related facts in a single, easy to use database: www.americanlegacy.org/factclipboard
- [Smokefree Housing](#) - Housing Connections offers a searchable database that includes *nonsmoking* as an apartment criteria option under *advanced search*: www.housingconnections.org/Search.cfm
- [SMOKEFREE Network](#) - Site aimed at winning the right to breathe smoke-free air, facilitating communication among smoke-free advocates and key decision makers and sharing information about the tobacco industry: www.SMOKEFREE.net
- [Smoke-Free Pregnancy Resource](#) - A national program supported by The Robert Wood Johnson Foundation working to discover the best ways to help pregnant women quit smoking and spread the word about effective, evidence-based treatments: www.smokefreefamilies.org
- [Smoke-free Restaurants in Washington](#). Washington State Department of Health web-based interactive map listing nearly 5,000 smoke-free restaurants (including some bars and taverns) around the state. www.secondhandsmokesyou.com. Click [Clark County](#) or [Skamania County](#) for local restaurants.
- [Tobacco Scam](#) - Know a restaurant that needs convincing to go smoke free? Have them get the facts about the benefits of going smoke-free at: www.TobaccoScam.ucsf.edu
- [Tobacco Quit Line](#) - A cessation specialist will provide free one-on-one counseling and a customized quit plan to help you kick the habit for good. Listen to a sample call at: www.QuitLine.com
- [UnfilteredTV.com](#) - is a Washington State Department of Health web site where you can find facts and information about the dangers of tobacco, interactive features, ways to get involved in the real-world, news stories, contests and much more: www.unfilteredtv.com
- [The Tobacco Technical Assistance Consortium](#) (TTAC) is an independent, nonprofit organization dedicated to assisting organizations in building and growing highly effective tobacco control programs: www.ttac.org